



DROP-IN FITNESS SCHEDULE - WINTER 2024

January 2 - April 28, 2024



DROP-IN FITNESS CLASSES** (Pre-registration is available. Please pay drop-in fee or scan your pass at reception before using facility.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Indoor Cycling 6:15-7:05AM <i>Melissa</i>		Indoor Cycling 6:15-7:05AM <i>Jeannette</i>		Indoor Cycling 6:15-7:05AM <i>Jeannette</i>		Cycle 60 8:30-9:30AM <i>Jenna & Graham</i>
On the Ball 9:00-10:00AM <i>Glenda</i>	Indoor Cycling 9:00-9:50AM <i>Jeannette</i>	Total Body 9:15-10:15AM <i>Jeannette</i>	Indoor Cycling 9:00-9:50AM <i>Julianne</i>	Total Body 9:00-10:00AM <i>Rosalie</i>	Indoor Cycling 9:00-9:50AM <i>Melissa</i>	
			Power Core 12:30-1:15PM <i>Charlotte</i>		Total Body 10:00-11:00AM <i>Rosalie</i>	Bootcamp 9:45-10:45AM <i>Eugene</i>
Power Circuit 5:00-6:00PM <i>Eugene</i>	Cycle Core 5:00-6:00PM <i>Emma & Krista</i>	Power Circuit 5:00-6:00PM <i>Eugene</i>	Cycle Core 5:00-6:00PM <i>Emma & Krista</i>			
Funtional Fitness 6:15-7:15PM <i>Lynda</i>				On the Ball 6:15-7:15PM <i>Glenda</i>		

AQUAFIT** (Please pay drop-in fee or scan your pass at reception before using facility.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Deep Fit 9:00 - 10:00AM <i>Jackie</i>	Deep Fit 9:00 - 10:00AM <i>Glenda</i>	Deep Fit 9:00 - 10:00AM <i>Glenda</i>		Deep Fit 9:00 - 10:00AM <i>Jackie</i>		
Shallow Fit 10:15 - 11:15AM <i>Glenda</i>	Shallow Fit 10:15 - 11:15AM <i>Glenda</i>	Shallow Fit 10:15 - 11:15AM <i>Glenda</i>		Shallow Fit 10:15 - 11:15AM <i>Jackie</i>		
	Low Impact 11:30AM-12:15PM <i>Glenda</i>					
° Aqua Therapy 2:00-3:00PM <i>Kaitlyn</i>	° Aqua Yoga 12:30-1:15PM <i>Glenda</i>	° Aqua Therapy 2:00-3:00PM <i>Kaitlyn</i>				
° Aqua Zumba 7:15-8:15PM <i>Sam</i>						

° Registered program - registration for the program set is required.

** Schedule & instructors are subject to change without notice and vary on long weekends and for special events. Please scan the code below or visit wspr.ca >> [drop-in schedules & hours](#) for up-to-date schedules.



Scan for **drop-in** fitness schedule & registration.

Drop-in use of the fitness studio is available when the space is not used for programs. Inquire at the fitness desk for access!

We also offer personal training and rehabilitation sessions with certified trainers to give you extra support in your fitness program. Contact Kaitlyn Waring for more information & to get started: kwaring@wspr.ca or 250-474-8617.

EXCEPTIONS:

February 19	No classes	Family Day
March 29	No classes	Good Friday
April 1	No classes	Easter Monday



WEST SHORE PARKS & RECREATION MEMBERSHIPS

SWIM SKATE MOVE

Pass holders have access to

- Public swimming sessions
- Sauna, steamroom, Aquafit classes
- Access to the weightroom
- Drop-in fitness classes
- Drop-in basketball & pickleball
- Public skating sessions
- Duffer hockey

**FOR AS
LOW AS
\$2.40
PER VISIT**

Become a regular

Annual Membership

An annual pass is the most cost effective option. This pass is valid for one year from the date of purchase to drop in as much as you want.

Annual Membership*			\$499
See the variety of activities above.			\$41.58 a month
2 Visits a Week \$4.80 per visit	3 Visits a Week \$3.20 per visit	4 Visits a Week \$2.40 per visit	
Family Annual Membership*			\$998
A family is 2 adults & 3 children or 1 adult & 4 children			\$83.17 a month
2 Visits a Week \$9.60 per visit	3 Visits a Week \$6.40 per visit	4 Visits a Week \$4.80 per visit	

The best of both worlds

Monthly Passes

Do you work out regularly but simply can't commit to a year-long pass? Well then a monthly pass is the best of both worlds. All Ages.

One Month Pass			\$72.50
Valid for one month from purchase date.			
2 Visits a Week \$9.06 per visit	3 Visits a Week \$6.04 per visit	4 Visits a Week \$4.53 per visit	
3 Month Pass			\$181.25
Valid for 3 months from purchase date.			
2 Visits a Week \$7.55 per visit	3 Visits a Week \$5.03 per visit	4 Visits a Week \$3.78 per visit	

Calculations are approximate based on 30 day month/4 weeks in a month

*Payment Plan Available

Pre-Authorized Debit (PAD) plan available for equal monthly payments on select WSPR passes, requiring a non-refundable \$25 administration fee at time of registration. Payments made by automatic debit to chequing account or credit card. Please inquire at Reception for further information.

All the flexibility you need

Visit Passes

10x or 25x visit passes have the most flexibility. Use this pass as you go with no expiry date.

Adult		
10x Pass	\$65.30	<i>Cost per visit \$6.53</i>
25x Pass	\$145.00	<i>Cost per visit \$5.80</i>
Youth		
10x Pass	\$45.70	<i>Cost per visit \$4.57</i>
25x Pass	\$101.50	<i>Cost per visit \$4.06</i>
Senior		
10x Pass	\$49.00	<i>Cost per visit \$4.90</i>
25x Pass	\$108.75	<i>Cost per visit \$4.35</i>
Child		
10x Pass	\$35.90	<i>Cost per visit \$3.59</i>
25x Pass	\$79.75	<i>Cost per visit \$3.19</i>
Family		
10x Pass	\$130.50	<i>Cost per visit \$13.05</i>

Drop-in once in a while

Single Admissions

Admission purchased at the time of entry includes a single visit to skating, swimming, the weight room, or drop-in to a fitness, Aquafit or sports program.

Adult	18+ Years	\$7.25
Child	6-12 Years (5 years & under are FREE)	\$4.00
Student	13-18 Years (19+ with valid student card)	\$5.10
Senior	60+ Years	\$5.45
Family	2 adults & 3 children or 1 adult & 4 children	\$14.50

Single admission prices include all applicable taxes.

Annual, Monthly, and Visit Passes include tax. Cost per visit price is calculated after tax.